



主辦機構 Organized by: 香港馬拉松推廣社 Hong Kong Marathon Pro

熱線 Hotline: 8104 8500 網頁 Web Site: <http://www.ecotourism.org.hk/hkmp/>

**HKMP**  
HK Marathon Pro



冠名贊助商  
Title Sponsor

計時系統: CHAMPIONCHIP  
Timing System:

合作伙伴: re:echo  
Partnership:



主辦機構: 成立於 1999 年, 由一班馬拉松精英及愛好者發起組成, 旨在推廣香港馬拉松運動。

賽事目標: 推廣跑山項目, 提升參賽者的個人耐力及增加對跑山的興趣。

比賽日期: 2010 年 1 月 24 日(星期日)

集合地點: 石澳大浪灣村停車場

比賽路線: 大浪灣村停車場(沿港島徑 100 標距逆走, 近大潭道 68 標距折回。)

截止日期: 2010 年 1 月 4 日(星期一)

檢查點開站時間 ~ 「站間距離」/ 與起點距離

起點: 大浪灣 (09:10)

CP1: 土地灣 (10:20) - 「8 公里」/ 8 公里

CP2: 大潭道 (11:45) - 「8 公里」/ 16 公里

報到時間: 上午 8:00

比賽時限: 5.5 小時內

起步時間: 上午 9:00

賽事距離: 約 32 公里

賽道特點: 約 70% 為平路, 30% 山路, 全程約 32 公里

紀念品: 凡於指定時間內跑畢全程者, 可獲紀念 T-恤一件、VASQUE 紀念品。

(個人賽) 組別: A 組(1981-92 年出生) B 組(1973-80 年出生) C 組(1966-72) D 組(1961-65 年出生) E 組(1956-60 年出生) F 組(1955 年或之前出生)

WA 組(1973-92 年出生) WB 組(1966-72 年出生) WC 組(1965 年或之前出生)

\* 全部組別以出生年份計算

\*\* 每組以下名次, 均可獲獎盃乙個。每組冠軍可獲得 VASQUE GORE-TEX 越野跑山鞋 1 雙, 亞軍可得 RE:ECHO 禮品券 \$500, 季軍可得 RE:ECHO 禮品券 \$300 (請參閱下表)。

(隊際賽) 設男子及女子組, 每三人為一隊, 計算每名跑手的時間總和最長者為勝出, 時間相同則以第三名隊員成績計算。每組設冠亞季軍, 分別可得 RE:ECHO 禮品券, 分別為 \$1,500, \$900, \$600。而各得獎隊際的隊員成績可同時競逐其年齡組別的個人獎項。隊際必須集齊所有隊員的報名表一併寄出, 如資料不齊或更改名單, 每次手續費港幣 100 (只接受截止日期前之更改。)

男子組(年齡) / Men's Group (Age)						女子組(年齡) / Women's Group (Age)		
Group A 組	Group B 組	Group C 組	Group D 組	Group E 組	Group F 組	Group WA 組	Group WB 組	Group WC 組
(18 - 29)	(30 - 37)	(38 - 44)	(45 - 49)	(50 - 54)	(55+)	(18 - 37)	(38 - 44)	(45+)
1st-3th	1st-6th	1st-6th	1st-6th	1st-5th	1st-4th	1st-3th	1st-4th	1st-3th

報名費: 每位港幣 180 / (200 連車費) 元正, 先到先得

冠軍晶片按金: 港幣 100 元正冠軍晶片按金, 擁有個人冠軍晶片(黃色)者可免收按金。

報名辦法: (1) 填妥下列表格, 連同兩張劃線支票 (抬頭人請寫「香港馬拉松推廣社」), 寄回: 沙田銀禧花園一座 33 樓 C 室(32K) 收

(2) (a) 一張港幣 \$180 / ( \$200 連車費 ) 支票 - 用作支付報名費 (b) 一張港幣 100 元正支票 - 冠軍晶片按金支票比賽完畢後七天內不歸還晶片, 本會則把支票過數, 當本會收回晶片後, 支票將會自動銷毀或寄回(如有提供足夠回郵信封)。

(4) 郵遞表格必須各自付上兩個回郵信封, 信封面寫上地址及貼上足夠郵票, 若未提供回郵信封者, 本會有權保留其參賽資格。【每人兩個回郵信封】

(5) 若比賽當天懸掛八號或以上颱風、黑色暴雨訊號或非人力可控制之情況影響, 比賽將會改期, 已繳的報名費, 將自動轉往補賽日(而補賽日不出席, 都不會作出任何退款或轉人安排)

(6) 報名一經接納, 報名費恕不發還, 報名以支票過戶為準 (7) 本賽會有權隨時修改此章程細則, 恕不另行通知 (8) 已寄出的報名及重複報名不設退款、退件、轉賽、轉名安排(只計一人)

交通安排: 參賽者可於香港天后地鐵站(7:30am)或九龍尖沙咀漢口道 YMCA(7:10am)或荃灣地鐵站綠楊坊停車場(6:50am)或沙田火車站排頭街(6:30am)乘搭大會專程巴士直達比賽場地, 費用為每位港幣 20 元正, 專程巴士之費用, 不設回程, 請連同報名費一同繳交(名額有限, 先到先得)巴士將於上述時間準時開出。此外, 由於比賽場地車位有限, 故請參賽者自行乘坐公共交通工具或大會巴士到達比賽場地。

公共交通工具: 可於筲箕灣地鐵站乘搭紅色小巴或於柴灣乘的士前往大浪灣村停車場 \* 請注意: 若報名被接納, 接納信將於比賽前七天內寄出, 號碼布及晶片於當日派發  
查詢電話: 8104 8500 或到 <http://www.ecotourism.org.hk/hkmp/>, <http://www.thaiquain.com/>, <http://www.hkrunners.com> & <http://www.runlover.com/> 網頁下載章程及報名表。

備註: (1) 參加者個人保險需自行負責 (2) 號碼布不得轉讓別人 (3) 資料不全者, 恕不接受報名 (4) 大會設有行李寄存及水站 (5) 不設收據 (6) 所有獎項及紀念品不設日後補領

**Organizer** : It was established in 1999. This is initiated and formed by a group of marathon elites and lovers. To promote and encourage Marathon sport.  
**Race Aims** : To promote Trail-running race in Hong Kong and to improve personal endurance.  
**Race Date** : 24<sup>th</sup> January, 2010 (Sunday) **Starting Time** : 9:00am **Registration Time** : 8:00am  
**Time Limit** : Finish within 5.5 hours **Distant** : About 32km **Route Characteristic** : Around 70% flat road and 30% hilly route.  
**Deadline** : 4<sup>th</sup> January, 2010 (Monday) **Meeting Point** : Shek O Big Wave Bay Village Car Park  
**Race Route** : Starting from Shek O Big Wave Bay Village Car Park (reverse trail from the indicator 100 of Hong Kong Trail, near Tai Tam Road via indicator 68 return.)  
**Souvenirs** : T-shirt, VASQUE souvenir for each participant who can finish the race within the time limit.

**CP Closing Hours** : "Distance between CPs" / distance from starting point **Starting Point** : Big Wave Bay (09:10)  
CP1 : To Tei Wan (10:20) - 「8km」 / 8km **CP3** : To Tei Wan (13:00) - 「8km」 / 24km  
CP2 : Tai Tam Road (11:45) - 「8km」 / 16km **Finish Point** : Big Wave Bay (14:30) - 「8km」 / 32km

**Category (Solo)** : A (Born in 1981-92) B (Born in 1973-80) C (Born in 1966-72) D (Born in 1961-65) E (Born in 1956-60) F (Born in or before 1955)  
WA (Born in 1973-92) WB (Born in 1966-72) WC (Born in or before 1965) \* Participants will be grouped according to their year of birth  
※ All prize receivers will be awarded a trophy. All Groups 1<sup>st</sup> will be awarded VASQUE GORE-TEX shoes, 2<sup>nd</sup> will be awarded RE:ECHO \$500 Coupon, 3<sup>rd</sup> will be awarded RE:ECHO \$300 Coupon. Detailed see the form.

**(Team)** : Teams of three (Male & Female). The time of each team will be counted. The third runner's time will be counted when two teams finish with an identical time. The first three men's teams and women's teams will be awarded RE:ECHO Goods Coupon \$1,500, \$900, \$600. Remarks: (a) Three individual entry forms must be submitted together to be considered as a team. (b) Changes to team members or additional information will require a further payment of HK\$100 on each occasion (changes can only be accepted before the deadline).

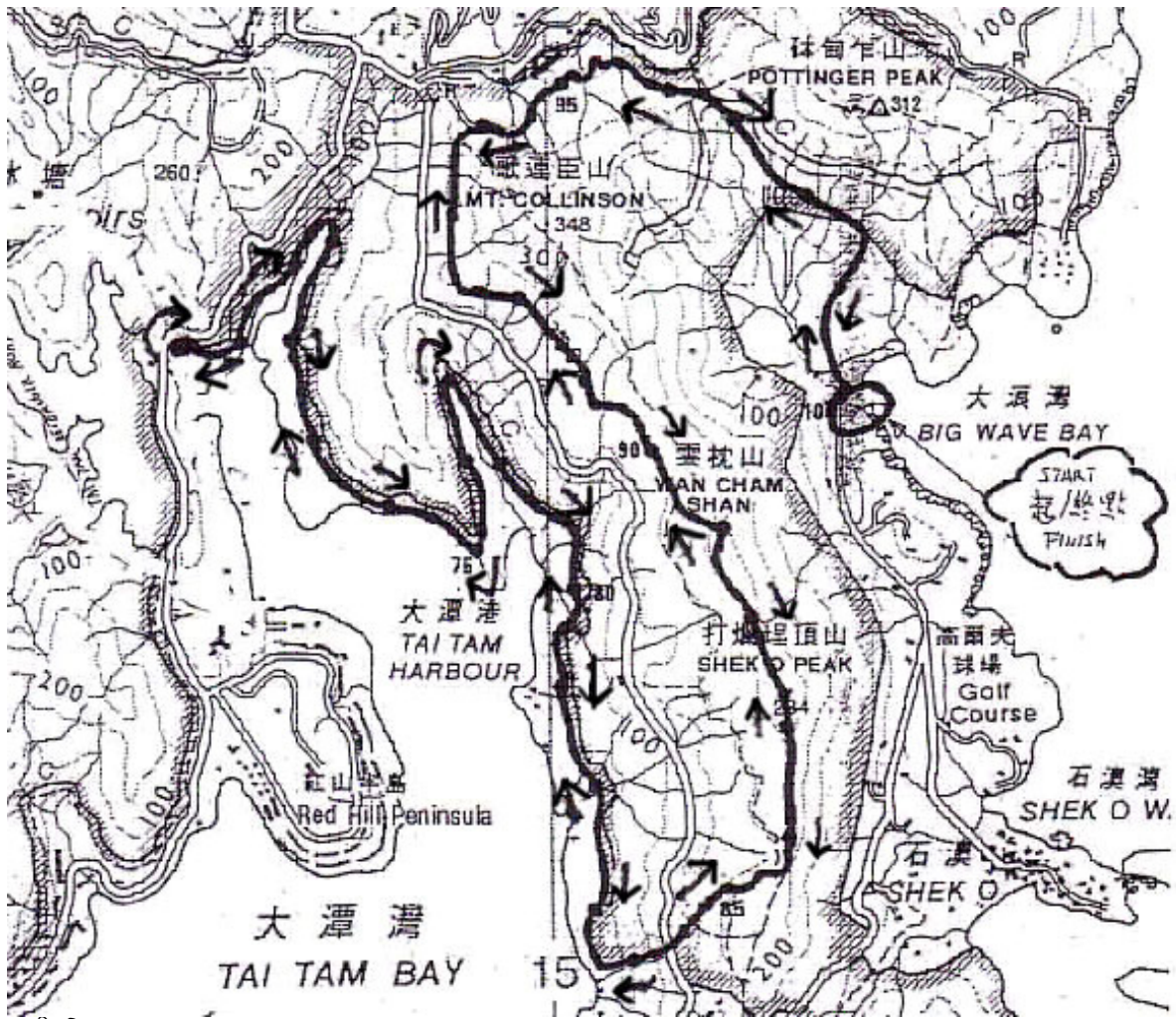
**Entry Fee** : HK\$180/\$200(+ bus fee) each (First come first serve) **Chips Deposit** : \$100 (Deposit will not be charged if bring your own chips)  
**Entry** : (1) Completed application form with TWO cross cheque made payable to "Hong Kong Marathon Pro" and mail to "Flat C, 33/F, BLK 1, Jubilee Garden, Shatin", (32K) (2a) ONE \$180 cheque / (\$200 entry fee + bus) - for entry fee (2b) ONE \$100 cheque - for Chips deposit, each participant ONE cheque separately. Deposit will be deducted if participants do not return the chips within 7 days. Once return the Chips, will cancel or return the cheque automatically (3) No late entry and walk-in entry will be accepted. (4) Please enclose TWO self-addressed stamped envelope in your application for each participant (5) If the typhoons signal No.8, thunderstorm or black rainstorm warning is hosted or the race was affected by weather or natural reason, the event will be rescheduled, your entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded. (even if you did not participate on rescheduled day.) All entry fee are also not transferable to another applicant (6) Entry fee is non-refundable when the entry is accepted. (7) Organizer reserves the rights to amend the above information. (8) Entry fee will not be refunded & send back & change participants name & change race for double entry (Only count one person) and posted entry.

**Transportation** : Official bus (No return) will be available from (HK) Tin Hau MTR station, 7:30am or (KLN) YMCA, Hankow Road TST, 7:10am or (NT) Tsuen Wan MTR 6:50am, (NT) Pai Tau St., Sha Tin MTR station, 6:30am to the venue. The bus fare is HK\$20 per person and is in addition to your entry fee. Buses will leave promptly at the above time. Besides, please travel by public transport of Official bus to venue because of limited Car Park.

**Public Transportation** : Take minibus from Shau Kei Wan MTR station or by taxi from Chai Wan to Big Wave Bay Car Park  
**Inquiry** : 8104 8500 or go to <http://www.ecotourism.org.hk/hkmp/>, <http://www.thaiquain.com/>, <http://www.hkrunners.com> & <http://www.runlover.com/> download entry form.

\* Reminded that there will be a confirm letter before 7 days of the race, number bid and chips will get at racing date !

**Remarks** : (1) Personal insurance is responsible by the participants. (2) The number bib can't used by others. (3) Applicant who can't provide details data don't accept. (4) Provide luggage keeping and water supplies. (5) Not Receipt service. (6) All souvenirs and awards cannot award after the race.



**VASQUE® GORE-TEX®**  
PRODUCTS

**2010 大浪灣跑山賽**  
Big Wave Bay Trail Running Race

**報名表**  
Application form

姓名/Name : (中文/CHI) \_\_\_\_\_ (英文/ENG) \_\_\_\_\_ 性別/SEX : \_\_\_\_\_  
 居住地址(Address) : \_\_\_\_\_ 年齡/Age : \_\_\_\_\_ 出生年份/YOB : \_\_\_\_\_  
 支票號碼 Cheque No : \_\_\_\_\_ / \_\_\_\_\_ 聯絡電話 Tel : \_\_\_\_\_ / \_\_\_\_\_ 身份證號碼/ID Card No : \_\_\_\_\_  
 電郵 E-mail address : \_\_\_\_\_ 屬會/Club : \_\_\_\_\_

【緊急聯絡人 / Emergency Contact Person: \_\_\_\_\_ 電話 / Telephone: \_\_\_\_\_ 關係 / Relationship: \_\_\_\_\_】

冠軍晶片: 租借大會晶片  / 自備個人冠軍晶片(黃色)  (請填上個人晶片號碼: \_\_\_\_\_) 晶片顏色 ( \_\_\_\_\_ )  
 ChampionChips: Lease  / Get your own chips (Yellow)  (ChampionChip No.: \_\_\_\_\_) Chip Color ( \_\_\_\_\_ )

Male 男子組	A (1981 - 1992)	B (1973 - 1980)	C (1966 - 1972)	D (1961 - 1965)	E (1956 - 1960)	F (1955 or before)	Entry Fee : HK\$180
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Female 女子組	WA (1973 - 1992)		WB (1966 - 1972)		WC (1965 or before)		Bus Fee : HK\$20 x ( ) pcs =
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<b>Total : HK\$</b>

請選擇上車地點 (不設回程) : 香港 HK (7:30am) ( )張 pcs / 九龍 KLN (7:10am) ( )張 pcs / 荃灣 TW (6:50am) ( )張 pcs / 沙田 ST (6:30am) ( )張 pcs

Place to get on our bus (No return) :

**聲明(Declaration):** 謹證明本人是自願參加比賽, 並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失、受傷或致死亡, 主辦賽會、贊助商及其他有關合辦機構均無須付上任何責任。本人願意授權予大會及傳媒在無須經本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of properly incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

日期(Date) : \_\_\_\_\_ **參加者簽署(Participant Signature):** \_\_\_\_\_

男子隊 (Men's Team) <input type="checkbox"/>	女子隊 (Women's Team) <input type="checkbox"/>	中文隊名 (Chi Team Name) : _____	英文隊名 (Eng Team Name) : _____
隊長(Team Leader) : _____		隊員(Member)2: _____	隊員(Member)3: _____
姓名/Name : _____	地址/Address : _____	回郵地址	姓名/Name : _____
姓名/Name : _____	地址/Address : _____		姓名/Name : _____